

Friday



Partly cloudy
Lo: 35°F
Hi: 58°F

Saturday



Partly cloudy
Lo: 32°F
Hi: 53°F

Sunday



Partly cloudy
Lo: 35°F
Hi: 55°F

Sheppard turns
out for SPAM
Fest '04

See Page 3



Senators take
third in MLK
tourney

See Page 1B



Sheppard Senator

Combat Capability Starts Here



Vol. 57, No. 3

www.sheppardsenator.com

January 23, 2004

On the Inside

Veteran hiring increases

Hiring of military veterans across the federal civilian work force increased in fiscal 2002, the government's director of personnel said recently.

In fact, hiring of veterans in the federal work force was up more than 19 percent over the previous fiscal year, said Kay Coles James, U.S. Office of Personnel Management director, in her agency's most recent annual report to Congress.

For full story,
see page 2.

Airmen restore old mosque

Among a landscape filled with tree stumps, old barbed wire, concrete and rebar, airmen from the 506th Air Expeditionary Group found a hidden jewel — an old building in desperate need of repair.

Thanks to base chapel, contracting and civil engineers leaders, and with the help of a large volunteer base, a 35-year-old Sunni mosque will soon be used again after having been abandoned for several years.

"A project like this with lasting impact generates the best in Air Force volunteerism," said Chaplain (Lt. Col.) Gary Garvey. "Finding a mosque is like finding a jewel. This is something that will last for a long time. It's really a labor of love."

For full story,
see page 5.

Veterans choose blue

Reid S. Wyant is dying. His daughter called me the other day looking for help putting together the items so that he could be buried in his Air Force service dress uniform. He served 30 years as an airman. And it seems he's still one of us.

For full story,
see page 7

Three at Sheppard to pin on colonel

Three lieutenant colonels here have been selected to pin on colonel.

Lt. Col. Sean Cassidy, 982nd Training Group, Lt. Col. Tim Burke, 80th Operations Group, and Lt. Col. John Kreger, 90th Flying Training Squadron have been selected for promotion.



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Dr. King's legacy honored

By Airman 1st Class Jacques
Lickteig

Base public communication

In a time when a person's skin color determined his social placement, Dr. Martin Luther King Jr. led the struggle to give truth to the words "all men are created equal."

"Dr. Martin Luther King Jr. was a man of vision and action," Staff Sgt. Brett Abbas from the 381st Training Squadron said during Sheppard's Martin Luther King Jr. prayer breakfast Jan. 16.

"Doctor King appealed to America's uneasy conscience. He forced the man and woman in the mirror to truly look at what was looking back," Brig. Gen. Toreaser Steele, vice commander of the Army and Air Force Exchange Service, said at the breakfast. "He dared to appeal to this nation through his actions and the power of nonviolence."

Doctor King used speeches and direct action to spark social change for the men and women who couldn't stay in certain motels, buy a cup of coffee at certain diners or drink from a water fountain that wasn't labeled with a perpetual reminder of inferiority because of their skin color.

Master Sgt. Ricardo Pearson, 82nd Mission Support Group first sergeant, read an excerpt from Doctor King's article about his personal sufferings during the civil rights movement called suffering and faith.



Master Sgt. Ricardo Pearson, 82nd Mission Support Squadron first sergeant, re-enacts a portion of Dr. Martin Luther King Jr.'s "Suffering and Faith" speech during Sheppard's Martin Luther King Jr. observance Jan. 16. Dr. King delivered the message during an interview in 1960 with the *Christian Century*.

Photo by Mr. Lynn Bullard

The article expressed Doctor King's view of suffering after numerous death threats, two house bombings and a near-fatal stabbing.

"As my sufferings mounted, I soon realized that there were two ways that I could respond to my situation: either to react with bitterness or seek to transform the suffering into a creative force," Doctor King said. "I decided to follow the latter."

During the 382-day-long bus boycott in 1955, Doctor King led the campaign that propelled the Supreme Court decision that declared Alabama's segregation laws unconstitutional.

Seven days prior to the decision, Doctor King preached a sermon entitled "The Most Durable Power." Chief Master Sgt. Andrew Copeland, from the 363rd Training Squadron, read from the speech.

"Always avoid violence,"

Doctor King said. "If you succumb to the temptation of using violence in your struggle, unborn generations will be the recipients of a long and desolate night of bitterness."

Between 1957 and 1968, Doctor King delivered more than 2,500 speeches. He led a massive protest in Birmingham, Ala., led drives to register African-Americans to vote and delivered a peaceful march on Washington, D.C., where he delivered his famous "I Have a Dream" speech.

At 35, Doctor King received the Nobel Peace Prize in Oslo, Norway, Dec. 10, 1964, making him the youngest man to do so.

Col. Joseph Brown, commander of the 82nd Training Wing Inspector General Office, read excerpts from Doctor King's acceptance speech.

"I conclude that this award, which I receive on behalf of that

movement, is a profound recognition that nonviolence is the answer to the crucial political and moral questions of our time: the need for man to overcome oppression and violence without resorting to violence and oppression," he said.

Doctor King delivered his final speech, "I've Been to the Mountaintop," during an evening rally in Memphis, Tenn., April 3, 1968.

The next day, he was assassinated while standing on the balcony at the Lorraine Hotel.

"Dr. Martin Luther King Jr.

left the gift of a committed life to America. He reminded America that she has an obligation to provide opportunities for all of her citizens," General Steele said. "He has indeed left to us a tremendous legacy of commitment to service, humanity, social justice and the natural rights of all persons."

"This observance is a reminder for us to renew our commitment to the principles of justice, equality, opportunity and optimism that Doctor King exemplified," she said.

King facts

Born: Jan. 15, 1929
Feb. 25, 1948: Ordained at Ebenezer Baptist Church.
Nov. 13, 1956: Segregation in Montgomery, Ala., and the entire state unconstitutional.

Aug. 28, 1963: 200,000 march on Washington.
Dec. 10, 1963: King receives Nobel Peace Prize.
April 4, 1968: King killed in Memphis, Tenn.

U.S. Committed to Asian-Pacific region, CJCS says

By Mr. Jim Garamone

American Forces Press Service

WASHINGTON — Air Force Gen. Richard B. Myers' trip to Japan, Mongolia, China and Australia reemphasized to leaders in the region that the United States is interested and committed to progress in the region, said senior defense officials.

General Myers, the chairman of the Joint Chiefs of Staff, spent about 60 hours aboard a C-17 transport plane getting around the region.

In Japan, he met with senior military and government officials. The island nation is the economic power in the region, and the United States and Japan have what officials described as an excellent military-to-military relationship.



Myers

the threat posed by North Korea, Japanese participation in missile defense, the threat of proliferation and ongoing

See PACIFIC, Page 4

Eagle Eyes program still vital to security

Air Force Office of Special
Investigations Public Affairs

The terrorism attacks of Sept. 11, 2001, taught us that the enemies of the United States are capable of striking high-value targets on American soil, and they're willing to stop at nothing to do so.

While the United States has been safe from terror attacks since that ill-fated day, vigilance remains called for like never before. For that reason, the Air Force Office of Special Investigations continues to promote the "Eagle Eyes" program.

At the heart of the program is the understanding that terrorist acts are

simply not spontaneous activities that "just happen." Rather, they require careful planning and are rehearsed in advance.

This point was stressed considerably when investigations into the Sept. 11 attacks revealed the perpetrators lived in our cities and communities, conducted surveillance, planned their attacks and rehearsed their operations in the midst of our everyday way of life.

Yet not enough people were able to recognize the planning activities and contact the right people to prevent the tragedy. That is why "Eagle Eyes" was created — to better educate Air

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Mammography department now more cozy for patients

By Mr. John Ingle

Editor

Mammography personnel have made getting a mammogram a little more comfortable for patients.

The actual procedure hasn't changed, but the atmosphere where the exam takes place has gotten a facelift and equipment upgrades to make a woman's visit to the clinic better.

"We wanted to give it more of a homey-feel," Beth Ernest, a registered mammography technician, said. "(We made it) more of a women's clinic."

The department's waiting



Maj. (Dr.) Kelcey Elsass, a radiologist in the mammography department in the 82nd Medical Group, and Beth Ernest, a registered mammography technician, look at the films from a recent mammogram in their new reading room. The room was, at one time, a large closet that was converted to create an area for Major Elsass to discuss the findings with patients. In addition to the reading room, the exam room and a waiting area received a fresh coat of paint and a more comfortable atmosphere for patients.

Photo by Airman 1st Class Jacques Lickteig

area, exam room and reading room received fresh splashes of a tope-like colored paint and borders around the top of the walls.

Ms. Ernest said the change from the dreary grey colored walls of old to the new, more feminine colors created a warm, soothing atmosphere. She said patients have told her they like the changes and new look of the department.

"In fact, they say 'is this the same room?'" she said.

Maj. (Dr.) Kelcey Elsass, the radiologist assigned to mam-

See CLINIC, Page 4

Tactical controllers stand strong as “infantry”

By Tech. Sgt. Brian Davidson
455th Expeditionary Operations
Group Public Affairs

BAGRAM AIR BASE, Afghanistan (AFP) – For Air Force tactical air control party airmen, “The strong will stand, the weak will fall by the wayside,” is more than just a motto; it serves as a battle cry.

Wherever American military forces are found, TACP airmen are usually nearby. Unofficially nicknamed the “Air Force infantry” because they spend most of their career assigned to Army units, tactical controllers can most often be found embedded with special operations forces.

Although many people have never heard of TACP airmen, they are serving in operations worldwide.

“Our primary role is to direct combat strike aircraft against enemy targets,” said Staff Sgt. Alan Lesko, TACP noncommissioned officer in charge with the Army’s 10th Mountain Division supporting Operation Enduring Freedom in Afghanistan. “We also coordinate artillery fire

with air strikes.”

To accomplish their mission, tactical controllers serve on the front line, often in advance of any other military units.

In Afghanistan, they control the battlefield by coordinating strikes of the A-10 Thunderbolt II aircraft. Whether involved in a low-intensity conflict or full-scale conventional warfare, TACP airmen guide the full fury of American military might.

Known by Army special forces soldiers as enlisted terminal attack controllers, TACP airmen provide close-air support aircraft guidance control to increase the capability of ground combat forces.

They are also experts in artillery and in Naval combat and attack helicopter capabilities; they use all combat assets to rain destruction on the enemy.

“Some people think we are air traffic controllers, but that’s inaccurate,” said Airman 1st Class James Blair. “Our mission is terminal control. That means bombs on target, and a very bad day for the enemy.”

These airmen must be thoroughly proficient in ground combat techniques, and their training goes well beyond that of the Army infantry. Tactical control airmen serve as advisers to ground component commanders in planning and using combat assets, and are the link between joint and combined forces.

In Afghanistan, TACP airmen coordinate ground and air assaults on terrorist positions, provide convoy security for coalition forces, and even assist with presidential security for the fledgling Afghan government.

Regardless of the mission assigned, Sergeant Lesko said that their primary responsibility is to “hunt bad guys.”

“Our job here is to fight for freedom from terrorism,” he said. “To fight against the enemies of Afghanistan, and to bring that fight to those who threaten peace.”

In the field, tactical controllers wear a battle uniform that is unremarkable, without name or Air Force insignia, rank or unit markings. Instead,

their uniforms are adorned with small patches that make them visible to American pilots using special night-vision equipment. Clearly marked on the sleeves and boots is the airman’s blood type.

Tactical controllers are ranger- and airborne-qualified, and are proficient in static line and high altitude-low open parachute tactics, plus air assault and scuba.

Their training begins with basic radio maintenance and operation, then continues with land navigation and combat-air support basics, followed by survival school where they learn resistance, escape and evasion tactics.

The fight for peace and freedom takes the tactical controllers into some of the roughest terrain and most inhospitable conditions in the world. Whether they are braving the freezing temperatures and thin air in the mountains of Afghanistan, or in the desolate, searing deserts of Iraq, wherever special forces are needed, TACP goes. Often they are the first in and last out.



Airman 1st Class James Blair coordinates air cover for Army 10th Mountain Division light-infantry soldiers during recent operations in the Sroghar Mountains.

Back pain becomes Childs’ play

By 1st Lt. Mike Chillstrom
59th Medical Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas (AFP) – Capt. John Childs, a physical therapist, is literally taking on a pain in the backside. By studying how patients respond to certain treatments, Captain Childs is aiming to reduce lower back pain, a condition that afflicts millions of Americans.

Captain Childs, an Air Force Institute of Technology student at the University of Pittsburgh, has spent the past year at Wilford Hall Medical Center here working on the first of two studies designed to reduce or eliminate lower back pain.

The first study, completed in April, identified patients likely to experience a rapid improvement after spinal manipulation, a treatment in which the physical therapist applies a quick thrust to the patient’s spine to increase mobility of the joints.

“A lot of studies have shown that manipulation is a beneficial treatment,” Captain Childs said. “But then other studies have shown it may not be helpful. This conflicting information suggests that there is probably a subgroup of patients for whom manipulation may be effective.”

Wilford Hall, one of eight centers nationwide where



Capt. John Childs, a Wilford Hall Medical Center physical therapist here, demonstrates a spinal manipulation technique on Capt. Benjamin Hando. Captain Childs is leading a studying designed to determine what techniques work most effectively in treating lower back pain.

patient data was collected, contributed 32 of 131 patients for the study between February 2002 and April. Seven of the eight centers were military

treatment facilities.

Captain Childs said this study aimed to validate a previously developed clinical prediction rule that identifies

patients likely to experience a rapid improvement after manipulation.

For example, if a patient has symptoms A, B and C, then perhaps manipulation is the treatment of choice, he said. On the other hand, if the patient has symptoms X, Y and Z, another treatment may be more appropriate.

“Clinicians who use manipulation previously had to rely on the results of a largely inaccurate battery of tests to determine when spinal manipulation was appropriate,” Captain Childs said.

He found that manipulation is best for patients with low back pain when they have a relatively new onset of pain, pain centered in the back and buttocks that does not extend below the knee, stiffness in the lumbar spine, adequate hip rotation range of motion and individuals who are anxious to resume normal physical activity.

Patients who meet four of these five criteria have a 95 percent chance of experiencing a successful outcome from manipulation after only a week or two.

In October, Captain Childs received the 2003 Excellence in Research Award from the American Academy of Orthopaedic Manual Physical Therapists.

Reminder: metallic nametag mandatory on service dress and sweater

AIR FORCE PERSONNEL CENTER — The Air Force has established both the mandatory wear date and proper wear for the new metallic nametag on service dress uniforms.

According to personnel officials, effective Jan. 1, the nametag must be worn on the wearer’s right side of the service dress jacket with the bottom of the nametag level with the bottom of the ribbons. It should be centered between the sleeve seam and the lapel.

If a duty badge is worn on the wearer’s right side of the service dress jacket, men will center the badge a half-inch below the new nametag; women will center the badge a half-inch above the new nametag. An exception is when a command insignia is worn by either men or women, then the command insignia is worn either a half-inch above or below the nametag and the duty badge is worn either a half-inch above or below the command



insignia, depending on whether the individual is a current or former commander.

When the maternity jumper is worn as the maternity service dress, the nametag should be centered on the right side and placed even to, or 1 1/2 inches higher or lower than, the first exposed button.

The nametag will also be worn on all pullover sweaters on the wearer’s right side with the bottom of the nametag level centered between the middle of the sleeve seam and the seam of the neckline. It will not be worn on the cardigan sweater.

For more information, members should direct questions to their servicing military personnel flight or commanders support staff.

(Courtesy Air Force Personnel Center.)

Veteran hiring increases among civilian workforce

By Mr. Gerry Gilmore
American Forces Press Service

WASHINGTON (AFP) – Hiring of military veterans across the federal civilian work force increased in fiscal 2002, the government’s director of personnel said recently.

In fact, hiring of veterans in the federal work force was up more than 19 percent over the previous fiscal year, said Kay Coles James, U.S. Office of Personnel Management direc-

tor, in her agency’s most recent annual report to Congress.

The employment of veterans within the federal government and in private industry is appropriate because “the many freedoms we enjoy as a nation did not come freely,” Ms. James said. “They were earned through the lives and selfless sacrifices of our veterans.”

In explaining the 19.2 percent increase, the OPM report showed 47,510 veterans were

hired government-wide in fiscal 2002, compared to 39,874 hired the year before.

About one out of 10 veterans hired in government during fiscal 2002 worked in professional occupations, the report said, while 25.8 percent of new veteran hires worked in administrative jobs and 19 percent took blue-collar jobs.

The percentage of disabled veterans in the federal civilian

work force was 4.5 percent in fiscal 2002, a drop of 0.1 percent from the previous year, the OPM report said. However, the percentage of veterans in the federal work force with 30 percent or more disability in fiscal 2002 was up 1.9 percent over the previous year.

The Defense Department hired 21,657 veterans in fiscal 2002, representing 45.6 per-

cent of all new veteran hires across the federal government that year, the report said. Non-DoD federal organizations with the highest percentages of new-veteran hires in fiscal 2002 included the Veterans Affairs Department with 23.5 percent and the Justice Department with 19.7 percent.

In OPM’s fiscal 2002 congressional report, Ms. James said she was proud of federal

agencies’ efforts in hiring veterans.

“With our military actively engaged in the fight against terrorism, we must not falter in our commitment to the employment of these dedicated Americans,” Ms. James said. “Nor can we forget that disabled veterans are heroes who have paid a price so dear that it will stay with them for the rest of their lives.”

SPAM Fest

Photos by Sandy Wassenmiller

Sheppard members gathered at the community center Saturday to participate in games and contests based on the processed meat, SPAM.

The games included a SPAM toss, SPAM car building and racing, a SPAMiron chef competition, a SPAM recipe competition. SPAM carving, SPAM sculpting and SPAM-related trivia questions.

SPAM winners won trophies and SPAM items such as SPAM T-shirts, boxer shorts, cookbooks, coffee cups, mousepads and more.

Carol Fish, from the 365th Training Squadron won the recipe contest.



Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and 82nd TRW Command Chief Master Sgt. Lupe Ruiz judging the entries for the SPAM car races for originality.



Jim Hale, chief of 82nd Services Division, commentates for the SPAM car races. Airman Vincent Quevedo, a student from the 360th Training Squadron, won the races.



Maj. Rodney Harris, Master Sgt. Nathan Adams, Master Sgt. Garrett Raeford and Senior Master Sgt. Tom Charter, from the 366th Training Squadron and winners of the SPAM Iron Chef Competition pose with the Ms. SPAM, Staff Sgt. Judy Baird, from the 383rd TRS.



2nd Lt. Brooke Brander, 82nd Training Wing Public Communication, and Richard Osburn, food services, test their tossing skills in the SPAM toss. Mr. Osburn and his partner, Mike Matthews from food services, won the SPAM toss.



Briefly Speaking

New traffic law

Texas recently enacted section 545.157 of the Transportation Code, called "Passing Authorized Emergency Vehicle."

This law requires that all drivers vacate the lane closest to a stopped or slow moving emergency vehicle and reduce their speed by 20 miles per hour or to 5 mph if the speed limit is below 25 when passing an emergency vehicle.

This law applies when there are two or more lanes traveling in the direction of the emergency vehicle. An emergency vehicle includes police vehicles, fire trucks, ambulances, and almost anything with flashing lights.

Infractions can result in a maximum \$200 fine or greater if property damage or bodily harm occurs due to the violation.

CMSAF to attend 82nd TRW awards

Chief Master Sgt. of the Air Force Gerald Murray will be the guest speaker at the Feb. 4 82nd Training Wing annual awards banquet.

The event will be held in hangar 1045, beginning with a social at 6 p.m. and dinner at 7 p.m.

Cost is \$15.65 for members and \$17.65 for non-members.

See your first sergeant to sign up for the banquet. The deadline to sign up is Jan. 30.

Tax center now open

The Sheppard tax center is now open in Bldg. 1121.

All personnel can have their taxes done between 9 a.m. and 3:30 p.m. Students and instructors can have their taxes done from 3:30 to 6:30 p.m.

The tax center is located in Bldg. 1121 behind the enlisted club. Customers will be seen on a walk-in basis.

For more information, call 6-1981.

TMO offices closing

The traffic management offices in Bldg. 402, student TMO in Bldg. 551, cargo movement in Bldg. 2113 (north end) and N & N Travel in Bldg. 402 will be closed Wednesday from 11 a.m. to 1:30 p.m. for an official function.

Please plan your activities accordingly. Should you have an emergency, please call 781-1669.

Chapel readies for 19th IGWS anniversary

The south chapel will hold the 19th Inspirational Gospel Worship Service Anniversary Celebration Jan. 25 at 10:30 a.m.

The guest speaker will be Bonne E. Moon, an ordained minister at the Potter's House in Dallas.

For more information, call 6-7276.

NCMA to hold luncheon

The National Contract Management Association, Texoma Chapter 128 will meet at 11:30 a.m. Tuesday at the officers club.

Diane Hughes and Sherry Murray-Garret will present: "Equal Employment Opportunity and Alternate Dispute Resolution and How It Affects You."



Photo by Mr. John Ingle

Scientific probe

Airman Ian Szabo, an aerospace propulsion student in the 361st Training Squadron, shows Col. Thurmon Deloney, director of policy and integration at the Air Force Office of Scientific Research, how students are in the squadron are using laptops instead of bulky technical orders. Colonel Deloney visited Sheppard the 361st and other squadrons during his two-day visit to look at training technologies here.

PACIFIC

Continued from Page 1

efforts in the war on terrorism. An official characterized the talks as "friendly and frank."

He said the U.S. delegation spent as much time listening to the Japanese view of the world as explaining the American positions.

The chairman next visited Mongolia. Although it's a poor country, Mongolia is providing forces to Operation Iraqi Freedom. Some 178 Mongolian soldiers – infantrymen, engineers and medics – are operating with the Multinational Division Center/South in Hillah.

Officials said the Mongolians were very earnest in their desire to help. Myers and his delegation discussed the needs of the Mongolian military and programs the United States can institute to help.

The United States may ship excess defense articles to the Mongolians and help them with professional military education programs, officials said. Specifically, the Mongolians want to develop a professional NCO corps, and the U.S. military will help them in that process, they added.

General Myers flew into Beijing and met with senior military and civilian officials. The chairman led the first foreign delegation to visit the Chinese manned space flight center, and met with military and civilian leaders. Officials said the meetings were "cordial." The relationship

still has a long way to go to be considered normal, they said.

Officials said there was "congruence" in U.S. and Chinese views on a non-nuclear Korean peninsula. The general thanked the Chinese for their help on the issue.

The Chinese asked about the U.S. position on Taiwan. The chairman reiterated President Bush's statement made in December: the United States adheres to a One-China policy made possible by peaceful means.

The chairman next traveled to Australia, where he met with Prime Minister John Howard and other government and military leaders. The purpose of those meetings was to thank the Australians for their efforts in the war on terrorism and to address on-going military-to-military ties.

"It's impossible to overstate how close we are to the Australians," said a senior defense official. The official said the alliance is based on shared values.

The chairman discussed on-going operations, regional issues and continuing U.S.-Australian projects – most notably the Australian participation in the Joint Strike Fighter project.

At each stop, the chairman emphasized that the United States is a Pacific nation. He spoke of the need for the United States to remain committed to the region.

EYES

Continued from Page 1

Force personnel and ordinary citizens on the planning activities associated with terrorist acts and to encourage them to notify authorities when they see something suspicious.

Since its inception in April 2002, "Eagle Eyes" has been received with great enthusiasm all over the Air Force and in communities adjacent to bases. The program gets people involved in the protection of Air Force people and resources in their own communities.

In fact, the program has brought in over 5,000 tips from around the world.

The tips are then turned into "TALON" reports, which OSI feeds to Federal and Department of Defense law enforcement communities. This process helps to paint a much broader picture of threats around the world, allowing early detection and ensuring the protection of American forces.

Base personnel, along with the sur-

rounding communities should continue their vigilance and report suspicious activities to the appropriate authorities. It is this high level of cooperation between the base and the community that has made the program not only a success, but also now a DoD standard.

Specifically, "Eagle Eyes" encourages people to recognize the following activities as potentially suspicious and to report them to authorities:

■ Surveillance. Someone recording or monitoring activities. This may include the use of cameras (either still or video), note taking, drawing diagrams, annotating on maps, or using binoculars or other vision-enhancing devices.

■ Elicitation. People or organizations attempting to gain information about military operations, capabilities, or people. Elicitation attempts may be made by mail, fax, telephone, or in person.

■ Tests of security. Any attempts to

measure reaction times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

■ Acquiring supplies. Purchasing or stealing explosives, weapons, ammunition, etc. Also includes acquiring military uniforms, decals, flight manuals, passes or badges (or the equipment to manufacture such items) or any other controlled items.

■ Suspicious persons out of place. People who don't seem to belong in the workplace, neighborhood, business establishment, or anywhere else. Includes suspicious border crossings and stowaways aboard ship or people jumping ship in port.

■ Dry run. Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but it

can also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

■ Deploying assets. People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs.

The U.S. Air Force belongs to the citizens of this great nation, and their continued vigilance helps protect Air Force people and resources from terrorist attacks.

For more information about the "Eagle Eyes" program, and what we do at Sheppard AFB, please contact Special Agent Steven Fangel, AFOSI Detachment 411, at extension 6-1852, or if you would like to set up an Eagle Eyes briefing for your squadron, email osi411@Sheppard.af.mil and title it Eagle Eyes Briefing.

CLINIC

Continued from Page 1

mography, said she added some personal touches to the clinic.

Instead of having a discussion with a patient in the exam room, Dr. Elsass said she prefers to have the patient in the reading room with her so they can see the x-ray and visualize was the radiologist is talking about.

An oversized closet became the perfect fit for Dr. Elsass's reading room.

"We really didn't have a place to do that, so the techs in the department painted it," she said.

The department also received a new mammography machine in September and is currently having new computer software installed to enhance patient notifications and appointments.

"Right now it's up to 14 days that I'm sending the letters out," Sandy Noore, the person responsible for managing the radiology schedule, said.

With the new system, a few steps to the current process will be deleted and notification can be sent out within a week.

Sheppard does its part to fight cancer

Personnel here are doing their part in the fight against cancer through promotion of two separate American Cancer Society programs.

The first is a program that gives others the opportunity to get involved with cancer research through sports.

Golfers have the opportunity to play a multitude of courses throughout Texas, including several in North Texas.

Brochures are available at Wind Creek Golf Course.

The "Tell a Friend" program is designed to reach

women through peer counseling to change behavior and encourage women to have a mammogram.

But, the program is usually observed during National Breast Cancer Awareness Month in October.

Tell a Friend works by volunteers calling five friends who are 40 years old or older and let them know about the importance of early detection of breast cancer.

Data is tracked by the local ACS office to determine the impact of the program.

Anyone can participate in the program. However, calls must focus on women 40 years old or older.

Tell a Friend is important because it lets women know that mammography is the best way to detect breast cancer early. It's also a means to let women know that if detected early, breast cancer is 100 percent curable.

Tell a Friend also helps reduce the fear level women have associated with mammograms through peer counseling.

Airmen restoring old mosque in Iraq

By Tech. Sgt. Jeffrey Williams
506th Air Expeditionary Group
Public Affairs

KIRKUK AIR BASE, Iraq (AFPN) – Among a landscape filled with tree stumps, old barbed wire, concrete and rebar, airmen from the 506th Air Expeditionary Group found a hidden jewel — an old building in desperate need of repair.

Thanks to base chapel, contracting and civil engineers leaders, and with the help of a large volunteer base, a 35-year-old Sunni mosque will soon be used again after having been abandoned for several years.

"A project like this with lasting impact generates the best in Air Force volunteerism," said Chaplain (Lt. Col.) Gary Garvey. "Finding a mosque is like finding a jewel. This is something that will last for a long time. It's really a labor of love."

The mosque was "discovered" by Capt. Geary Pyles, a 506th Air Expeditionary Group contracting officer, who asked Chaplain Garvey on Dec. 19 if it was possible to renovate the mosque.

Chaplain Garvey contacted Lt. Col. Dave Bossert, the 506th AEG deputy commander for

support, the next day and asked for approval to restore the mosque. Colonel Bossert gave his approval immediately.

The project started Jan. 4 when Chief Master Sgt. Walter Poliansky, chief of operations for the 506th Expeditionary Civil Engineer Squadron, led a 12-person volunteer crew in cleaning up the grounds. A week later more than 30 volunteers returned to assist in the effort.

"The chaplain asked for some help, and we were looking for something to do to give back to the people," Chief Poliansky said. "It's a worthwhile cause, and everyone seems quite chipper about it."

He gives a lot of credit to his engineers.

"This is teamwork at its best when you get people from [bases] around the world over here leading the way," Chief Poliansky said.

"Yet we couldn't do this without our heavy-equipment operators, equipment shop guys, (heating and air conditioning) and structures crew and our fire-fighters," the chief said. "One more Sunday morning and we should have the grounds clean."

Capt. Ed Reder, 506th Expeditionary Communications Squadron mission systems flight commander, started out

his volunteer shift by removing dead trees and brush. He was grateful for the opportunity to help beautify Iraq.

"This helps the local people," the captain said. "When we give them back the mosque, it will be respectable looking, not trashy."

Airman 1st Class Nicholas Matthewson, from the 355th Aircraft Maintenance Squadron, received an e-mail from Chaplain Garvey asking for volunteers. He responded immediately.

"My New Year's resolution is to do something good every chance I get. Here I'm fulfilling it minute by minute," the airman said. "It's supposed to help bring services back to Iraq. It feels good helping others. It's a heart-warming experience here."

For Tech. Sgt. David Minzie, from the 506th ECES and deployed here from Andrews Air Force Base, Md., helping is a chance to leave his mark.

"I figure that when I leave here, this is going to be one of my marks," Sergeant Minzie said. "When I get on the air-plane, this is one thing that I'll remember. It's something I'm passionate about. We are making a difference in the lives of Iraqis."

Staff Sgt. Tansa Ayazgok, Chaplain Garvey's assistant, is the volunteer coordinator in the effort.

"I believe it is important to keep the integrity of any religious building in tact," she said. "Since there are no active mosques on this base, when restored, this mosque will be used to provide opportunities for worship for the Muslims on this base."

She thanks the volunteers, especially those from the civil engineer squadron.

"Without CE, I doubt we would get anything accomplished. CE has been awesome," the sergeant said.

Colonel Bossert is impressed with the enthusiasm that embraces this project.

"This mosque is really important," he said. "You could see it on everyone's face. We are making the statement to the Iraqi people that we respect them."

"We do this because we respect the Iraqi people as human beings," Colonel Bossert said. "We know what they faced when Saddam Hussein was in power. We want to help the Iraqi's return to normalcy and freedom. Part of returning to normalcy is the freedom to worship. We are giving them that."



Photo by Tech. Sgt. Jeffrey Williams

Staff Sgt. Ryan Darnell cuts through a damaged chain-link fence during the Jan. 11 cleanup effort to help restore a mosque here. Sergeant Darnell is assigned to the 506th Expeditionary Civil Engineer Squadron in Iraq.

Achievers

Quarterly, annual award winners announced by 82nd Medical Group

The 82nd Medical Group recently recognized its top quarterly and annual military and civilian personnel.

The following are the quarterly award winners:

Capt. Nicole M. Fuller, 82nd Medical Operations Squadron, company grade officer; Senior Master Sgt. Tracy Wilhelm, 82nd Medical Support Squadron, senior non-commissioned officer; Master Sgt.

Monte Hargrave, 82nd MDOS, non-commissioned officer; Airman 1st Class Denise Haag, 82nd Dental Squadron, airman.

Sydney Russell, 82nd Medical Group, senior level civilian; Rebecca Sink, 82nd MDSS, intermediate level civilian; and Phyllis Torgerson, 82nd MDOS, entry level civilian.

The following are the annual award winners:

Capt. Linda Marshall, 82nd MDSS, company grade officer; Sergeant Wilhelm, senior NCO; Tech. Sgt. Anthony Harmon, 82nd Dental Squadron, NCO; Senior Airman Curtis Clawson, 82nd MDOS, airman.

Rodney Leonard, 82nd MDOS, senior level civilian; Princess Skaggs, 82nd MDOS, intermediate level civilian; and Gloria Perez, 82nd MDOS, entry level civilian.

Three Team Sheppard members listed in "Who's Who" latest edition

Three Sheppard airmen were recently recognized by Embry-Riddle Aeronautical University in the 2004 edition of "Who's Who Among Students in American Universities and Colleges."

Maj. Stephen Anderson and 1st Lt. Jason Haufschild, both with the 89th Flying Training Squadron, and Tech. Sgt. Kenneth Atavich, for-

merly of the 363rd Training Squadron, will be listed with students from other universities and colleges from across the United States, the District of Columbia and several foreign schools.

Admission into the edition is based on academic achievement, service to community, leadership in extracurricular activities and potential for continued success.

Civilians recognized for dedication to Sheppard

The civilian personnel would like to recognize the following employees for their years of dedication and service to the men and women of Sheppard.

The following is a list of the individuals, the number of years they have served and the wing, group or squadron in which they work:

30 Years

Terry Bower, 82nd Medical Operations Squadron

Darlene Foxworth, 82nd Logistics Squadron

Loise Grate, 82nd MDOS

Daniel Kekuna, 82nd Medical Support Squadron

Frank Schmidt, 82nd Communication Squadron

Alice Shaffer, 82nd Civil Engineer Squadron.

20 years

Gordon Boyce, 82nd

Training Wing

Shelly Combs, 82nd Mission Support Group

Linda Hirata, 882nd Training Group

Mike Mauldwin, 782nd TRG.

Bud Schmidt, 982nd Maintenance Support Squadron

Cynthia Shults, 82nd CS

Arthur Struckman, 82nd MSG

Lavall Woodhouse, 363rd Training Squadron.

10 years

Jennifer Andrews, 82nd TRW

Rosemary Barrett, 82nd CES

Felicia Bills, 362nd TRS

Daniel Chilenski, 361st TRS

Cynthia Coleman, 82nd MSG

Themis Economo, 82nd Mission Support Squadron

David Ferry, 82nd TRG

Robert Foy, Jr, 82nd MDSS

Milo Gardea, 82nd CES

Stanley Gilkerson, 363rd TRS

Steven Halloway, 361st TRS

Charles Little, 82nd MSS

Ronald Lisec, 366th TRS

Rick Miller, 882nd Training Support Squadron

Stephen Root, 982nd MXS

Kyle Russell, 782nd TRG

David Shipman, 82nd LRS

Charles Sine, 82nd Comptroller Squadron

Don Smith, 360th TRS

Raymond Talbott, 82nd MSG

Christopher Vaughan, 82nd CES

Gail Watson, 381st TRS

Don't drink and drive. Your life or your career isn't worth it. Call Airmen Against Drunk Driving at 6-AADD for a ride home.

Support group to start Wednesday for parents of children with special needs

The Special Needs Identification and Assignment Coordination Process, formerly called the Exceptional Family Member Program, is starting a group for parents of special needs children.

The children's needs may be educational, medical or psychological. The purpose of this

group will be to provide peer education, advocacy and support.

The first meeting will be held on the fourth floor of the hospital in the Family Advocacy day room on Wednesday at 10:00 a.m.

It is requested that interested parents contact either Capt.

Andrew Young or Airman 1st Class Andrea Shiverdecker at 6-6772.

Any one with ideas or suggestions for topics or goals for this group can email them to Andrew.young@sheppard.af.mil or andrea.Shiverdecker@sheppard.af.mil.

Pilot helps boy with lung disease breathe easier

By Doris Johnson
Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFPN) — If you ask Blake Henderson, a young boy from nearby Niceville, to tell you who Capt. James Dykas is

he will most likely reply, “my pilot,” with a look of ownership and pride. But is was not until recently that the two met. When Blake was born four years ago, he underwent heart surgery for congenital defects. Last year, he and his grandparents were trying to overcome

Blake’s latest battle — lung disease. “Blake needs a lung transplant, but it’s too risky right now; we have to wait till he gets older,” said Fred Henderson, Blake’s grandfather. “As part of his treatment he takes four nebulizer treatments a day.”

The nebulizer is a device used to send medicine in the form of a fine spray directly to the lungs by breathing through the mouth or nose. The treatments became a problem when Blake would not stay still to hold the plastic applicator in his mouth.

“We got a mask to hold the mouth piece and free his hands, but with everything he’s been through, the mask was scary for him,” said Rae Garmon, Blake’s step-grandmother. “He would cry and resist every time we would give him a treatment, and he looked at the treatments as punishment.”

His grandparents talked to him about why he needed the treatments, but Blake was still opposed, scared of what the mask felt like on his face.

Losing hope, his grandparents looked for something, anything, to get Blake to accept the treatments without a struggle.

Capt. James Dykas turned out to be just what they needed. He is a B-1B Lancer pilot and flight safety officer for the 37th Bomb Squadron at Ellsworth Air Force Base, S.D.

Captain Dykas’s mother, Lina, works in the same office here as Mrs. Garmon and kept a picture on her desk of her son sitting in the cockpit wearing his helmet and oxygen mask.

“Around August, Rae was talking with me one day in my office. She saw the picture of James and noticed how much his oxygen mask resembled the mask Blake uses,” the captain’s

mother said. “I am very proud that my son is in the Air Force and I hoped the picture of him could help Blake.”

Mrs. Garmon took the photo home, explained to Blake that “Captain James” was a real pilot and that he wore his mask to breathe better. Blake connected. In what seemed like an instant to his grandparents — who had faced months of combat — Blake accepted the treatments.

“Blake thrived on the fact that ‘Captain James’ was a real person and it was like he had his own personal pilot to be proud of,” Mrs. Garmon said. “Every time he had a treatment, he would get the picture and think of his pilot.”

At the time, the captain was serving in Operation Iraqi Freedom unaware of the impact he was having on the home front. He received word of Blake from his mother.

“When my mom sent me the picture of Blake with his nebulizer on, holding the picture of me (in) his lap, it was one of the most moving things I had ever seen,” Captain Dykas said. “I had no idea that any of this was going on and it was incredible to think that a simple picture could make a difference.”

Captain Dykas returned from overseas the week before Christmas and decided to add to his connection. The day after Christmas, Blake received a most welcome present, “Captain James” — as Blake calls him — in the flesh.

“He was just in awe that

Captain James was coming to visit him,” Mr. Henderson said.

“When I did meet him, I just tried to talk to him and get to know him,” the captain said. “He was shy at first, but we were playing with his toys and hitting tee-balls in no time.”

Captain Dykas showered Blake with presents, one of which was a temporary tattoo of his squadron’s insignia.

“Blake was so proud of that,” Mrs. Garmon said. “The first thing he wanted to know when it came time for Captain James to leave was when he would visit him again. He had such a wonderful time meeting his pilot.”

Now back at Ellsworth, Captain Dykas said knowing Blake adds a new dimension to his job.

“I’m learning that the things you do, no matter how small they may seem at the time, can help in more ways than you can ever consider,” Captain Dykas said. He added that Blake has also taught him a personal lesson.

“I’m humbled that someone like Blake, who has been through more adversity in his life than I’ve ever known, admires me,” Captain Dykas said.

With a picture of hope, Blake settled into a good routine and is showing great signs of stability, according to his grandparents.

“When you look at him, he is just a regular child who loves to play and have fun,” Mrs. Garmon said. “I’ve almost forgotten how hard things were.”



Courtesy photo

NICEVILLE, Fla. — Capt. James Dykas poses with Blake Henderson, 4, recently. Blake uses a picture of the captain wearing his oxygen mask to accept that he must wear a mask for nebulizer treatments. Captain Dykas is a B1-B Lancer pilot at Ellsworth Air Force Base, S.D.

Chaplains go where needed

By Tech. Sgt. Reginal Woodruff
447th Air Expeditionary Group Public Affairs

BAGHDAD INTERNATIONAL AIRPORT, Iraq — The Geneva Convention of 1949 gave military chaplains their status as noncombatants, which, among other things, means they are not allowed to carry weapons.

Given that fact, it would seem rational for chaplains to stay behind their desks or pulpits out of harms way; however, that is not where you are likely to find chaplains here. They go where the people are, offering hope and comfort during this time of war.

“We see ourselves as visible reminders of the holy,” said Chaplain (Lt. Col.) Steven Keith, 447th Air Expeditionary Group head chaplain. “Our vision is to bring God to people in the work place.

“Many people here work different shifts and [are] out in the field, so it’s not always convenient for them to come to the chapel. So we have to take God to them, wherever they are.”

Chaplain Keith, who is a

Baptist chaplain, said his staff is not just here for believers in the Christian faith.

“Everyone here has a chaplain; they can be any religion or no religion,” he said. “We make sure all people (here) can exercise their First Amendment right of freedom of religion, worship.”

There are four chaplains and three chaplain’s assistants on the chapel staff here to serve the 1,500 people assigned to the 447th AEG. And they also extend their services to other military people in the area.

“Since (chaplains) are in a critical shortage, I volunteer to do mass for Army units and special operations units that include (other branches of the military) all in one group,” said Chaplain (Capt.) Chad Zielinski, one of the chapel staff members.

“When you see (people from different branches of the military) sitting (at mass), it tells the story of the how the U.S. military does business,” he said. “It truly is a one-team concept.”

Chaplains exemplify that concept with the work they do with local Iraqis and injured military members at the group’s Contingency Aeromedical

Staging Facility.

They routinely leave the safety of cement barriers and razor-wire fencing to join with Office of Special Investigations agents and deliver food, clothing and toys to Iraqi children and reassure their leery parents.

“We’re doing our part to try to win the hearts and minds of (Iraqis) so they’ll stop shooting at us,” said Chaplain Keith.

Chaplains see firsthand the results of gunfire and improvised explosive devices.

“We provide chaplain services to (servicemembers) at the CASF and (expeditionary medical squadron),” said Chaplain (Capt.) Janis Dashner, a Protestant chaplain here. “They’re wounded and scared and tired — exhausted physically, spiritually and psychologically. As chaplains, we’re able to sit and talk to them in a nonjudgmental way. Many of them talk about the aftereffects of combat.

“Two or three nights ago, a wounded soldier came in; he had killed the (Iraqi) who shot him,” said Chaplain Dashner, who spent six years as a nurse before becoming a civilian minister and later joining the Air Force. “It took him a while, but



Photo by Tech. Sgt. Lisa Zunzanyika

SOUTHWEST ASIA — An Iraqi boy waves items donated by airmen at Baghdad goodbye to Chaplain (Lt. Col.) Steven Keith International Airport, Iraq. Chaplain Keith is after he delivered clothing, food and other assigned to the 447th Air Expeditionary Group.

he started to question himself, his actions. He was a nonviolent person by nature and felt really bad about shooting someone. This is the first time many of them have been in a kill-or-bekilled situation.”

“I prayed with one troop who was on a respirator with a tube inserted in his lungs,” Chaplain Keith added. “We were really

worried about him.


“I prayed for him and his eyes welled up. He had been hit by an (explosive device) so his face was damaged. But he grabbed my hand, pulled it up to his lips and kissed it. I looked up and all the nurses and doctors were all in tears.”

Chaplain Keith, who like many people was reluctant to

leave his family during the holidays to come to Iraq, praised America for paying to send chaplains where servicemembers need them most.

“If there is any place that people need help, this has got to be the place. And that’s our calling as chaplains, to serve people, any time, any place,” he said.

Have an interesting story idea? Tell us about it.
E-mail us at sheppardsenator@sheppard.af.mil.



Sheppard Senator

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander

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Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.

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Commander's Corner



Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents a certificate of appreciation to Senior Master Sgt. William McGovern, from the Sheppard Legal Office, for outstanding service and dedication for the 2003 Dining Out.

Submit your questions and concerns to the commander by e-mailing action.line@sheppard.af.mil or calling 6-2000.

Your submission may be printed in The Sheppard Senator.

Soundoff

What are you going to do for the Super Bowl?



"I'm not big on football, so I'm not sure yet," ~ Airman Thomas Mills, 361st Training Squadron



"I'm going to watch it at home," ~ Ronald Kemnitz, retired Army staff sergeant



"I'm going TDY to South Carolina, so I'll probably call my husband," ~ Army Specialist Angi Collins, 1-4 Infantry, Germany



"I'm going to a church party," ~ Lt. Col. Greg Potter, 80th Operations Support Squadron

Veteran's final choices show love for the blue suit

By Maj. John J. Thomas
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Reid S. Wyant is dying. His daughter called me the other day looking for help putting together the items so that he could be buried in his Air Force service dress uniform. He served 30 years as an airman. And it seems he's still one of us.

I got to thinking. What makes a person who has lived life as a civilian since 1980 want to be buried in his uniform?

I like to think maybe Service Before Self gets into your blood. After all, retired Senior Master Sgt. Wyant switched his cancer treatment from Eglin Air Force Base not too long ago because the war was forcing them to cut back care, and he wanted the active-duty people to get taken care of first. "Always thinking of others," his daughter says.

His daughter — her name is Andrae Harris — is helping care for him even as he edges closer to the end. She helps him plan it all out. Arlington National Cemetery was overruled by his wife, who wants him for eternity closer to family. Details like that.

Andrae says she always knew her dad was a hero. He was awarded the Airman's Medal for saving three swimmers' lives "in front of my very eyes, without a care to his own safety." He almost lost his own life doing it, she says. And that pales in comparison to his courage facing his cancer.

Sergeant Wyant might say it is the friends you find that make the Air Force something you want to be buried with. "I've never known anyone that did not like my dad," his daughter says.

A former commander, Col. Roger Andersen, still visits him at home. "They would both reenlist today," if they could, Andrae tells me.

Reid Wyant's life with the Air Force began when the young Air Force had been around for just seven years. "His uncle was a rear admiral and told him to join the Air Force," Andrae says. Seems his uncle was a smart man.

She says "He caught a bus to Pittsburgh and

never looked back."

I think he's looking back now. Looking back on the people he met as a munitions maintenance specialist and first sergeant. Born and raised in Kitanning, Pa., he served in North Africa, in the '50s; Cambodia, Viet Nam, Laos and Korea in the '60s. In 1971 he was in Thailand. And he was in plenty of stateside places in between. But no assignment was more important than the move from Denver to Bentwaters, England.

That's where a boy, dirt-poor and often mistreated by his grandfather, a guy who dropped out of school and put his kid brother through college — well, England is where he met his wife, Doreen. To hear Andrae tell it, her mom's whole family fell in love with him. As much, it seems, as he loved the Air Force.

Upon retirement from his second career he moved from Dallas to near Eglin where he fried fish and chicken for squadron picnics. And where a couple of years ago they first treated him for cancer. And it was to Eglin that he went recently with his family to get all of his affairs together and prepare a final will.

I have never met Sergeant Wyant. But I have worked with people just like him every day of my 12 years in the Air Force. I have served with loyal members of every service. And I am off to Iraq soon to work again with the State Department and other agencies.

People tell me to keep my head down when I go to Iraq.

Instead I think I'll hold my head high, out of respect for people like Sergeant Wyant and all those he represents, like my own dad, and my father-in-law.

When Andrae asked him the other day "why the service dress uniform for the burial?" he said that is what he has always worn for important events, and he wanted his family to recognize him. His sense of humor is still healthy.

Maybe one day, I will ask to be buried in my service dress uniform, like Senior Master Sgt. Reid S. Wyant wants to be, "with full military honors."

In his case, the honor will be ours.

Safety Corner

Would you stop for this bus?



Hopefully you answered yes.

Sheppard school busses can be yellow or blue. Motorists should stop for both.

What makes a school bus a school bus?

Here at Sheppard Air Force Base, both yellow and blue busses are used to transport children to and from school. From a motorists perspective, the color is the only difference.

Both busses are equipped with red and yellow flashing lights. If the red lights are flashing on either of the busses, vehicle operators are required to stop, regardless of the direction of travel, until the lights have stopped flashing.

In addition, government busses, used to transport children from Bunker Hill housing to Sheppard elementary, have yellow "SCHOOL BUS" signs on the front and back.

The only exception to the rule is when a motorist is traveling in the opposite direction from the stopped bus and you are separated by a concrete or grass median. Motorists are not required to stop under those circumstances.

However, all drivers should still be on the look out for children crossing the roadway near the bus stop.



Sheppard Senator

Sheppard Digest

Jan. 23, 2004

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At the movies



Honey (PG-13)

Today at 6:30 p.m. and Saturday at 7 p.m.
Jessica Alba, Mekhi Phifer - Honey Daniels is an up-and-coming choreographer who finds her career in jeopardy after she refuses to reciprocate the sexual advances of a music-industry bigwig.



Love Don't Cost a Thing (PG-13)
Today at 9 p.m.

Nick Cannon, Christina Milian Alvin - A teenager seizes a golden opportunity when popular cheerleader Paris wrecks her parents' car and is strapped for cash.



The Haunted Mansion (PG)
Saturday at 2 p.m. and Sunday at 2 p.m.
Eddie Murphy, Jennifer Tilly - Real estate agent Jim and his family visit an old mansion, thinking they're just stopping by to check out the property, and find 999 ghosts.



Stuck on You (PG-13)
Saturday at 4:30 p.m., Sunday at 4:30 p.m. and Thursday at 6:30 p.m.
Matt Damon, Greg Kinnear - Conjoined twins go to Hollywood to fulfill one twin's dream of making it big.



Sheppard Spotlight 15 lines of fame



1. Name: Denise Haag

2. Rank: Airman 1st Class

3. Organization and position: 82nd Dental Squadron, dental technician

4. Hometown: Dillsboro, Ind.

5. Married or single (include your family if you'd like): engaged

6. Hobbies/Favorite thing(s) to do in your free time: Reading, watching movies, shopping and hanging out with my fiancé and my friends.

7. Funniest childhood memory: I went camping with my Opa and Oma when I was about six. I was playing on top of this hill when my Opa called me for lunch. I was pretty hungry so I decided to run down this steep hill. Well, needless to say I couldn't stop myself and ran right into the picnic table.

8. Why did you join the Air Force? The experience and the benefits.

9. Why do you stay in the Air Force? Educational benefits.

10. Date Arrived at Sheppard: April 22, 2002.

11. Most rewarding aspect of your job: It's taught me responsibility and a whole lot about dentistry.

12. Favorite book or movie: "The Rescue" by Nicholas Sparks

13. What is your dream vacation? Prague. I was told that it is the most beautiful city in the world.

14. If you could be anyone for one day, who would you be? My little sister, Teri

15. Most prized possession: My socks!!!!



Airman 1st Class Denise Haag

Community

Movies, popcorn at Lake Texoma

Lake Texoma will have a free movie and popcorn afternoon Jan. 31 beginning at 1 p.m. For more information, call (903)523-4613.

Club activities

Sunday Brunch

The officers club will host a brunch Sunday from 10:30 a.m. to 11 a.m. The cost is \$10.95 for members and \$12.95 for non-members. For more information, call 6-6064.

Football Frenzy

Every Sunday beginning at 11:30 a.m., the enlisted club shows all the games on 10 televisions and has beverage and food specials.

The enlisted club shows Monday Night Football at 8 p.m.

ITT

Dallas Stars hockey tickets

Dallas Stars hockey tickets are now available through ITT. For more information, call 6-2302.

Monday - Detroit at Dallas

Wednesday - Ottawa at Dallas

Jan. 30 - San Jose at Dallas

Summer Alaskan Cruise Tour

ITT is offering a Summer Alaskan Cruise Tour. The tour departs Dallas/Fort Worth July 9 and returns July 18. The cost is \$2332 per person with an inside cabin assignment and \$2687 per person with an ocean view cabin assignment. Cost covers airfare, a seven-night Gulf of Alaska Northbound Cruise and a two-night escorted motorcoach land tour. Ports include Ketchikan, Alaska; Skagway, Alaska; Juneau, Alaska; Icy Strait Point, Alaska and cruising the Hubbard Glacier. The land tour includes stops in Seward, Aleyeska and Anchorage.

Those interested must make a deposit of \$450 by Thursday. For more information, call 6-2302.

Palace of Wax and Ripley's Museums

ITT is offering a trip to Fort Worth. The trip is scheduled for Jan. 31 and is \$29 per person. Cost includes admission to the Palace of Wax and Ripley's Believe It or Not and time at the Lincoln Center. Register by Tuesday.

Student stuff

FITS

Every Saturday, the south fitness center offers activities for students as part of a fitness incentive program.

Saturday- A free bowling match is scheduled for 10 a.m. at the south bowling lanes.

Jan. 31 - A free 3-on-3 basketball tournament is scheduled to begin at 10 a.m. at the south fitness center.

During inclement weather, other activities will be scheduled. If there is a five-mile lightning, the activities will be held until the lightning passes.

For more information about FITS, call 6-2792.

Student ministry

Solid Rock Cafe

Monday through Thursday, 7:30 a.m. to 9:30 p.m.

Friday, 7:30 a.m. to 11:30 p.m.

Saturday, 1 to 11:30 p.m.

Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

Chapel Ropes Meeting, Tuesday, 11:15 to noon and 4 to 5 p.m.

Parents and Tots, Monday, 1:30 to 2:30 p.m. and Wednesday, 10 to 11 a.m.

Praise Band Rehearsal, Saturday, 10 a.m. to noon (Andria Hayman)

Solid Rock Saturday Meal, 6:15 p.m.

Submit your organization's announcements to
sheppardsenator@sheppard.af.mil.

Think
before
you
drink.
Hand
your
keys to
a
wingman.

Chapel schedule

Parish Ministries

Protestant Men of the Chapel

Saturday, 6:30 a.m., south chapel

PMOC breakfast/fellowship is the second Saturday of the month at Golden Corral at 8 a.m.

Protestant Services Sunday

Sunday School, 9:00 a.m., Bldg 962

Community Worship, 10:30 a.m., North Chapel

Inspirational Gospel Worship, 10:30 a.m., South Chapel

Holy Communion Worship, 10:30 a.m., Solid Rock Cafe

Weekday Bible Studies
Tue, 6:00 p.m. & Thu,
Noon, South Chapel

Protestant Religious Education

Sunday school classes, Bldg. 962, 9 a.m.

Tuesday night Bible study, 6 p.m., south chapel

Thursday noon Bible study, noon (lunch provided), south chapel

Protestant Women of the Chapel Thursday night Bible study, 6 p.m.

Protestant Men of the Chapel Tuesday morning Bible study, 6 a.m.

Catholic Services

Saturday, confession, 4 to

4:30 p.m., north chapel

Saturday, Mass, 5 p.m., north chapel

Sunday, Mass, 9 a.m. and noon, north chapel

Calothic religious education, pre-K through adult, 10:30 to 11:40 a.m., Bldg. 962

RCIA, 6 to 8 p.m., Bldg. 962

Daily services: Monday and Wednesday, 11:30 a.m., south chapel

Tuesday, 5:15 p.m., Solid Rock Cafe

Thursday, 11:30 a.m., SRC

For more
information, call
the base chapel
at 6-4370

Couple
completes
running
marathon

See Page 3B



Sheppard Sports



Being thin
doesn't
mean you're
in shape

See Page 4B

Vol. 57, No. 3

January 23, 2004

New advisor gets digital

*South fitness center gets
new computer system
that helps people get fit*

By 2nd Lt. Ellen Harr
Base public communication

Team Sheppard now has a new weapon in the fight for fitness. It's Fitness Advisor system that arrived at the south fitness center on Jan. 5.

Fitness Advisor is a wireless network of computer interfaces that guides users through a customized workout.

Under the guidance of the fitness center staff, users register at the main kiosk. Then, they select a pin number, enter their personal data and define their personal fitness goals. Programs are available for the

strength training equipment and cardiovascular fitness equipment at the south fitness center.

Those who wish to use the Fitness Advisor program for strength training must first establish a personal baseline on the strength training equipment. This first workout can take between one and two hours as fitness center staff guides users through the set up process.

Each machine in the circuit has a resistance interface, which records each user's settings, weight, repetitions and range of motion. Users begin by logging into each machine with their pin number and adjusting the equipment for their height. Next, they perform the exercise and establish a range of motion and pace for repetitions. After completing a warm up set and a second set to complete muscle fatigue, users move on to the next machine in the circuit.

After completing the baseline workout, the Fitness Advisor system generates a workout program based

on individual fitness goals. Users continue to record their progress by logging into each machine on their personalized circuit and completing their workout using the target sets, repetitions and weight provided on the resistance and cardiovascular interface.

Individuals can print out charts documenting their progress at the main kiosk and also receive important messages and feedback from fitness center staff.

It's important to note that the goal of the Fitness Advisor program isn't to replace the trainers at the fitness center. Instead, the system supplements the fitness trainers' efforts to assist individual exercisers in attaining their fitness goals and help them track their progress more efficiently.

For more information about the Fitness Advisor program, visit the south fitness center or call 6-2972.

No federal endorsement of this product is intended.



Photo by By 1st Lt. Laura Rennar

A Team Sheppard member uses the new Fitness Advisor program at the south fitness center Tuesday. The new program is gives people a customized workout.

Sports Briefing

Rustler's appreciation night

The Wichita Falls Rustlers are having a military appreciation night at 7:05 tonight at the Kay Yeager Coliseum.

Tickets can be purchased for \$5 at the Information, Tickets and Travel office or at the coliseum with a military identification card.

Lose weight with TOPS

People who are interested in losing weight, can join TOPS, or Take Off Pounds Sensibly, at 6 p.m. Thursdays at the health and wellness center.

People can call Vernie Nordstrom at 855-4308 for more information.

Soccer players needed

The men's soccer team is in need of players to join the Sheppard team in the upcoming Greater Wichita Falls soccer league.

For more information, see the Soccer news notes on Page 2B.

New base running route

All Sheppard Training Groups will switch to a temporary physical readiness training route beginning Feb.2.

The change will be in effect until the new running track is completed May 15.

To see the running route map, see Page 3B.

Air Force-sponsored race team soars into Tyndall

Part of the Tyndall Air Force Base tarmac literally became a stock car racing pit road Jan. 12 as one of NASCAR's most dominant race teams roared into town.

The Wood Brothers' Racing team, including veteran driver Ricky Rudd, brought its No. 21 Motorcraft Racing and U.S. Air Force race car to the base.

The 700-horsepower car sported a predominantly blue paint scheme complete with Air Force logos and aircraft.

The team, which the Air Force will sponsor in part for a fourth-consecutive NASCAR season starting next month, invited base members to take part in a pit-stop challenge. Tyndall responded, fielding nine separate teams competing for fastest pit stop honors in front of hundreds of spectators.

For the commanders and Tyndall participants, it was a unique teambuilding event. When the high-octane exhaust and tire smoke cleared, Tyndall's 1st Aircraft Maintenance Unit clocked the fastest pit time with a 19.7-second stop during which the team changed two tires and simulated fueling the car.

"I wasn't sure what to expect this morning, but after doing it, it makes me glad I joined the Air Force," said Senior Airman Jeffrey Wharton, a 1st AMU avionics specialist who served as a tire-changer for the winning team.

Ramblers shoot down Warhawks 67-66 to win MLK tourney

By Senior Airman Chris Powell
Sheppard sports editor

The Randolph Ramblers outshot the Lackland Warhawks 67-66 in the finals of the Martin Luther King Jr. basketball tournament Monday at the south fitness center.

The Ramblers, who were losing most of the game, came from 15 points down in the fourth quarter to win the game.

"This just feels good to win the championship," said center Ed Simpson. "We were able to do this because we never lost faith in each other, never got down on ourselves and we continued to play hard."

Throughout most of the first half the game was close as Warhawk's guard Alvin Barnes hit a three-pointer to tie the game at 9-9 with 16:40 in the first half.

The Warhawks started to pick up steam after Andrew Smith hit a three-pointer to put them up 30-23 with 5:49 to go. But Simpson was able to hit a clutch three pointer in the waning seconds of the first half to close the gap 30-38 with the Warhawks still leading.

When play resumed in the second half, the Warhawks were red hot. Ken Hill capped off a 10-0 scoring run with a layup to put Lackland up 53-35.

But as Simpson said, the Ramblers never gave up. They had to dig and scratch their way back by applying tough defense, creating turnovers and making their free throws.

Virgil Starks closed their deficit to 10 points after a jump shot with 10 minutes to go. And after a three pointer by Juwon Bailey, the Ramblers got the score to 57-61 with four minutes left in regulation.

The Ramblers started getting turnovers when they began playing man-to-man defense, and held the Warhawks scoreless for two crucial minutes.

Ramblers forward Paul Spencer hit a layup with 3:30 to go, and on the ensuing play, Warhawks forward Art Govan drove to the basket and was called for traveling at the 2:20 mark.

The Ramblers quickly got the ball down court and Spencer hit a three-pointer in the corner to give the Ramblers their first lead since early in the first half at 61-62.

On the next play, Ramblers point guard Ernie Banks was able to steal the ball and streak to the basket, but instead of going for the layup, he slammed the ball off the backboard and Bailey caught the alley-oop and slammed it home to give the Ramblers a 64-61 advantage with 1:21 to go.

But the Warhawks weren't ready to go down yet.



Photo by Lynn Bullard

Warhawks guard James Taylor hits a layup in the first half during the Martin Luther King Jr. basketball tournament at the south fitness center Monday.

Point guard Tash Bowden was able to hit a three pointer to tie the game at 64-64. After a miss by the Ramblers, the Warhawks got the ball back and center Cory Scott got fouled while shooting. Scott hit both free throws to help the Warhawks regain the lead at 66-64.

But Simpson was fouled while shooting on the next play, but he missed his first free-throw attempt and made his second to cut the Warhawk lead to one

point with 41 seconds to go.

As Bowden slowly advanced the ball to try to run the clock out, Ramblers guard Parrish Fuqua stole the ball and hit a layup with the clock ticking down to win the game at 67-66.

"Lackland is a really good team," Simpson said. "It was a really tough fight, and I'm just happy that we came out on top."

Senators outshoot Ft. Sam Houston 78-63

By Senior Airman Chris Powell
Senator sports editor

The Sheppard Senators kicked off their first playoff game in last weekend's Martin Luther King Jr. Basketball tournament with a 78-63 win against Ft. Sam Houston at the south fitness center.

"This is a great feeling," Aaron Sams said after the game. "We've got to keep playing good defense and keep playing smart basketball. We were able to hit our open shots, and that was a big reason why we won."

The Sheppard team sprinted out of the gate with four-straight shots by Sams to lead 8-2 in the first two and a half minutes. Sams followed up those baskets with a three-pointer to lead his team 11-4 with 16 minutes to go in the first half.

But Ft. Sam Houston mounted a comeback after a steal and a dunk by center Ivan Wilkerson to close the gap to 11-8.

At one point in the first half, Ft. Sam Houston closed the gap to one point after

a three-pointer by guard Ted Watson. But that was the closest they got the rest of the game, because Sheppard began a 14-0 scoring run, thanks to a jumper by Peter Tabor to put the Senators ahead 33-19 with 5:30 in the first half.

At the end of the first half, guard Cory Jenkins hit two free throws to end the second half at 44-27.

The Senators went back to work once the second half began by going on a 9-0 scoring run and bringing their lead back to 18 points at 53-35 at the 15:09 mark.

After that, Ft. Sam Houston couldn't mount a comeback and never came closer than 10 points.

"I hope we'll be able to carry this momentum into the next game and win it all," Sams said.

The Senators then moved on to play Randolph Saturday at the south fitness center, but lost 76-56. Then, they moved into the loser's bracket to face McConnel and lost again 84-71 and eliminating them from the tournament.



Photo by Lynn Bullard

Lavar Gillian tips in a shot during the first round of the Martin Luther King Jr. basketball tournament Saturday at the south fitness center.

Basketball

For more information, call 6-2972.

Over-30 League

Team	Won	Lost
366 TRS	4	1
82 MDOS	3	2
383 TRS	2	1
360 TRS	2	2
82 SFS	2	2
365 TRS	1	2
82 MSS/SVS	0	4

Permanent Party Division 1

Team	Won	Lost
365 TRS	4	0
82 MDOS/MDSS	3	1
382 TRS	3	2
80 OSS	1	2
366 TRS	1	3
361 TRS	1	3
362 TRS	0	3

Permanent Party Division 1

Team	Won	Lost
82 CES	5	0
Team	Won	Lost
187 MBN	3	1
82 MSS/SVS	3	4
82 SFS	2	2
82 CPTS	2	4
82 CS	1	5

Student League

Team	Won	Lost
882 TRS-A	4	0
360 TRS	3	1
366 TRS	3	1
365 TRS	2	1
361 TRS	2	2
364 TRS	2	2
363 TRS	1	2
882 TRS-B	1	4
362 TRS	0	5

Bowling

For more information, call 6-2170.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes. For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling League

Team	Won	Lost
82 COMM "A"	93	35
365 TRS "C"	90	38
882 TRG	75	53
363 TRS "Ammo"	74	54

Team	Won	Lost
365 TRS "B"	74	54
365 TRS "D"	72	56
Bowling Pro Shop	72	56
360 TRS	70	58
80 FTW "A"	70	58
362 TRS "B"	70	58
366 TRS "A"	69	51
82 CES	69	59
364 TRS "A"	69	59
382 TRS "A"	66	62
82 CPTS	65	63
383 TRS	64	64
82 Services Squadron	60	68
362 TRS "A"	60	68
187 Med Bn	60	60
82 MSS/SVS	59	69
363 TRS Armament	58	70
381 Med Red	57	71
361 TRS	56	72
382 "BMET"	56	72
364 TRS "B"	45	75
82 CS "B"	36	92
80th OSS	35	93
SFS	32	88

Fitness center

For more information, call 6-2972.

Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

Abdominal class

Monday, Wednesday and

Friday at 11 a.m.
Monday through Friday
at 8 p.m.

Aerobics

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday
at 5:30 a.m.

Body pump

Tuesday and Thursday
at 9:15 a.m.
Thursday and Saturday
at 11:30 a.m.

Yoga and pilates

Monday and Wednesday at 10:15 a.m.
Wednesday at 5 p.m.
Thursday at 6 p.m.
Saturday at 3 p.m.

Basic step

Monday, Wednesday and
Friday at 7 p.m.
Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday
at 7 p.m.
Sunday at 3 p.m.

Intermediate step

Saturday at 10:15 a.m.
Wednesday at 6 p.m.

Advance step

Monday, Tuesday at 5 p.m.

Combo step

Monday, Wednesday and
Friday at 11:30 a.m.

Soccer

For more information, call 6-2972.

Soccer players needed

The men's soccer team is in need of players to join the Sheppard team in the upcoming Greater Wichita Falls soccer league.

People who are interested should come out for practices on from 6 to 7:45 p.m. Tuesdays and Thursdays at the base track.

Youth center

For more information, call 6-2342.

Operation Night Hoops

Operation Night Hoops registration is from Feb. 16 to March 16 at the Madrigal Youth Center for ages 13 to 18.

Registration requirements are a current physical, proof of age, a completed Air Force Form 1181 and a fee of \$15 for members, \$20 for non-members and \$25 for civilians.

Each participant must attend an educational class to play.

Night Hoops volunteers

There are several volunteer positions that need to be filled for Operation Night Hoops.

The positions are: social planning committee, photographer, sports writer, score keeper, teen sports director, apprentice coach and an announcer.

Couple completes marathon

By Senior Airman Susan Stout
56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. (AETCNS) -- "Elated, proud and relieved."

Those were the words Brig. Gen. Phil Breedlove, 56th Fighter Wing commander, used to describe his finish in the inaugural P.F. Chang's Rock 'n' Roll Marathon Jan. 11.

General Breedlove and his wife committed to the marathon four months ago. At that time, they started a beginner's training program and ran six days a week.

Before training for the marathon, the farthest distance General Breedlove had run was six miles. Mrs. Breedlove, on the other hand, ran the Berlin marathon 16 years ago.

"We wanted to do this together and so we made a pact to train together and run together," General Breedlove said.

The Breedloves' goal was to complete the marathon in 4 hours, 30 minutes or less. Their finish time was 4 hours, 58 minutes subtracting the six minutes it took to get to the starting line.

"We did well and had a good time," General Breedlove said. "We finished 18 to 20 minutes later than we hoped, but it was also hotter than we thought it'd be. A lot of runners had trouble with the heat."

The training regime was key to their success in completing the marathon, he said.

"The race was harder than I thought it'd be," the general said. "We trained very hard and were very strict in our regime. We 'hit the wall' at mile 23. From then on, it was a labor of love."

The general contributed his personal success to his wife of 24 years.

"Since I trained with my wife, it made it easier," he said. "It's good to have someone hold you accountable and keep you going."

For Mrs. Breedlove, the marathon this year was different than when she ran one 16 years ago.

"Like anything worthwhile, it takes time, commitment and preparation," she said. "After the race, we were so sore but relieved and happy that it was over. Being younger was definitely an advantage with my first marathon. It was easier



photo by Airman 1st Class Christopher Hummel
Prior to running the P.F. Chang's Rock 'n' Roll Marathon Jan. 11, Brig. Gen. Phil Breedlove, 56th Fighter Wing commander, stretches.

having Phil run (this marathon) with me."

The most important thing the general said he learned from running the marathon was to set a goal.

"If you set a goal and work hard, you'll make it," he said. "I highly encourage people to run in a marathon. It was well worth the hard work."

Their decision to run the marathon came at the time when Air Force members began preparing for the new fitness testing.

"I am enthused about the change I've seen in the base," General Breedlove said. "Many have seen me running by in the mornings or at the track and gym -- now I see more and more doing the same. I only hope that by leading from the front, others will follow and make the same life change I have. I'm even wearing some old clothes I haven't fit in quite a while and it feels good."

The Breedloves look forward to running the Air Force or Marine Corps marathon in the fall.

TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14. In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard. For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

"Flying for freedom - the Women Air Force Service Pilots"

Drawing upon the career of Ms. Margaret Ann Hamilton Tunner, a member of the WASPs

and the widow of Lt. Gen. William H. Tunner, the contributions of the WASPs during WWII were detailed and complex. Other interviews include former WASPs Ms. Ethel Finley and Ms. Scotty Gough, as well as WWII veterans Mr. Bill Voigt and Mr. George Schofield.

"The sound of freedom: the Berlin Airlift and the general who changed history"

This production focuses on the career of Lt. Gen. William H. Tunner and the Berlin airlift. It provides an overview of his contribution to the development of the concept of air mobility. This presentation draws upon the general's experience in managing the Hump Airlift in China, Burma and India during World War II, the Berlin Airlift and the Korean War Airlift.



To submit a sports story, send it to sheppardsenator@sheppard.af.mil.

Sheppard officials change running route

Route will be changed until new track is complete in mid May

By Tech. Sgt. Paul Lingard
82nd Training Wing military training leader

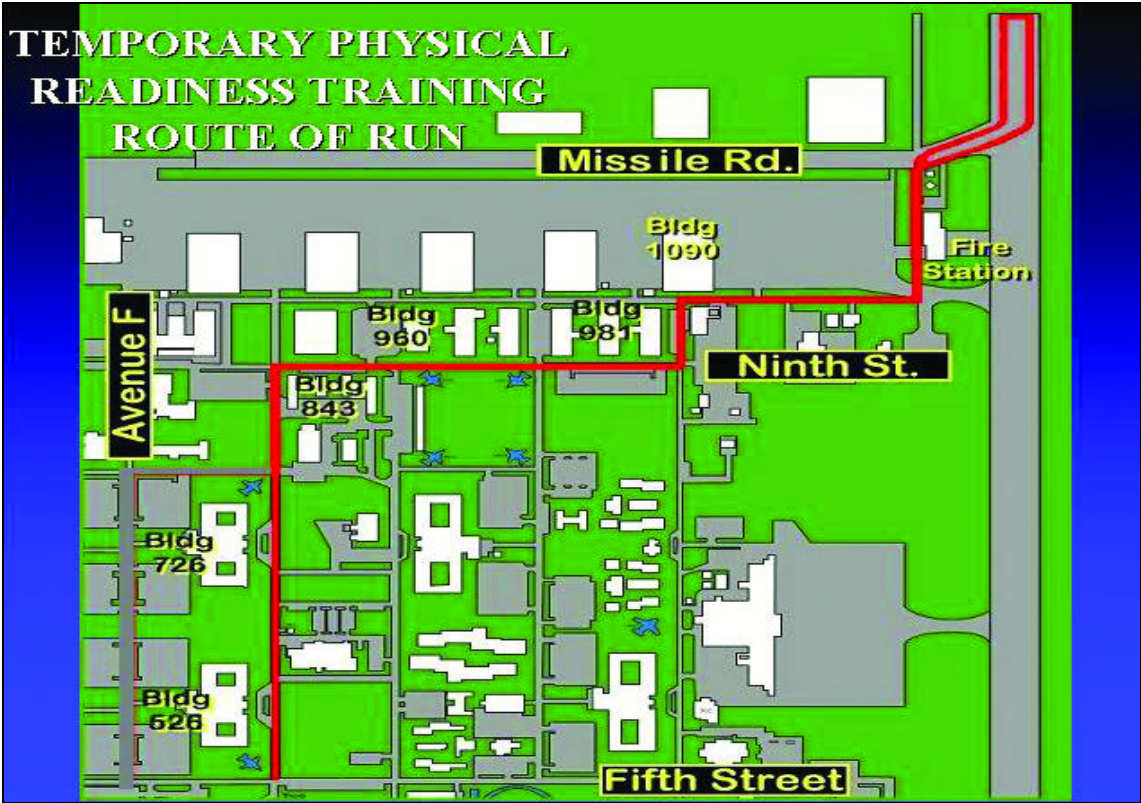
All Sheppard Training Groups will switch to a temporary physical readiness training route on Feb. 2. This change will be in effect until the completion of a new running track scheduled for May 15.

Roads will be blocked from 9:20 to 10 a.m. and 5:15 to 6 p.m. every Monday, Wednesday and Thursday.

Team Sheppard members need to be aware of the road closing times and find alternate routes to their destination. Also, security force officials will stress the PRT route is off limits to all motor vehicles except emergency vehicles displaying lights or sirens.

This temporary route begins on 5th Avenue and Avenue G between Bldgs. 526 and the new fitness center. From this point, airmen head north along Avenue G until they reach 9th Avenue. The route then turns right and proceeds east along 9th Avenue. Upon reaching Avenue J, airmen turn left and proceed north along Avenue J. When the runners reach 10th Avenue, they turn right and proceed to the termination point, just past the fire station toward the flight line. The airmen continue running on this route until the run is terminated.

Again, drivers need to be aware of the road closings and to find alternate routes to their destination.



Air Force women's swimming team falls to UNLV, 140-83

Courtesy of the Air Force Academy

Las Vegas, Nev. - The Air Force women's swim team was defeated by UNLV, 140-82, in a Mountain West Conference dual meet, on Saturday, Jan. 17, at the Buchanan Natatorium on the UNLV campus. The win drops the Falcons to 8-3 overall and 1-3 in conference meets.

UNLV was dominant for most of the meet, taking first place in 10 of the 13 meet events.

A pair for freshmen led the way for AFA, as Lauren Bursey and classmate Blair Leake were the lone two Falcons to finish first individually. Bursey took first in the three-meter diving with a score of 162.15 and Leake won the 200 yard breaststroke with a time of 2:27.09.

The strongest event for Air Force was the 200 breast, as the Falcons took the first through fourth-place slots in that event. Following up Leake's first place win, was sophomore Carly Omizo (2:30.15), junior Camber Goverski (2:31.43) and freshman Stephanie Hirst (2:31.94).

AFA concluded the meet by taking first in the 400 free relay. The group of junior Lara Styles, seniors Sarah Thilo and Sara Crowell and freshman Lauren White combined to win the 400 free with a time of 3:49.37.

AFA returns to action Thursday, Jan. 22, playing host to BYU in a MWC dual meet along with the Falcon men's team.

Don't drink and drive

Falcons cruise past Lobos 68-42

Nick Welch hits four 3-pointers in second half

Courtesy of the Air Force Academy

ALBUQUERQUE, N.M. (AP) - Center Nick Welch scored 18 points, including four straight 3-pointers in the second half, and Air Force beat New Mexico 68-42 Saturday, the Falcons' first win in Albuquerque in 42 years.

Air Force (11-2, 2-0 MWC) got its school record ninth straight win and its first victory ever in The Pit, snapping an 0-for-22 streak in the arena built in 1966.

The Falcons had not won in Albuquerque since Feb. 7, 1962, when they beat New Mexico at Johnson Gymnasium. The victory was another high note in a momentous week for Air Force. On Monday, the Falcons snapped a 27-game road losing streak in Mountain West Conference play with a 65-57 win at Colorado State.

New Mexico (9-6, 0-2), led only once and had no defense for the Falcons' prolific

3-point shooting and tough defense, which held the Lobos to a season-low point total. The Falcons lead the nation in scoring defense, giving up just 47.3 points a game.

Danny Granger with 15 points was the only New Mexico player in double figures.

Seven Falcons hit 3-pointers, with Air Force going 12-for-20 from behind the arc.

Air Force, which has held every opponent under 25 points in the first half, built a 34-23 lead at halftime. The Falcons took control with an 11-0 run that included three straight 3s from Jacob Burtschi, Tim Keller and Matt McCraw.

Then Welch took over in the second half. Repeatedly left alone at the top of the key, the 6-foot-8 sophomore swished in four 3s that put the Falcons ahead 55-30 with 8:45 left.

The New Mexico fans, who booed the Falcons through the first 30 minutes, at that point turned their jeers on the Lobos, who also had 17 turnovers, shot 37 percent and hit just three of 15 3-point attempts.

New Mexico, playing before its first sell-out crowd of 18,018 in more than two years, got its only lead on a 3-pointer by Troy DeVries in the game's opening minute.

Air Force answered with 8 straight points, 6 of them by Joel Gerlach.



Air Force's Nick Welch shoots against New Mexico's David Chiotti during the The Pit in Albuquerque, N.M. Welch had 18 points to lead all scorers.



Just because you may look like you're in shape, doesn't mean that's the case. Exercising and eating right will greatly help you pass the fitness test and give you more energy throughout the day.

There's a lot more to fitness, getting in shape than waist size

By 2nd Lt. Albert Bosco
325th Fighter Wing Public Affairs

TYNDALL AIR FORCE BASE, Fla. (AETCNS) – I simply hate running. Well, at least I thought I did until I actually started doing it.

Sometime between college two years ago and the new Air Force fitness test, I developed a bad habit. I have never considered myself an avid athlete by any stretch, but I also never thought of myself as being out of shape. How wrong I was with the latter.

I've had a series of rude awakenings since coming on active duty. Being thin, I've always thought that since I ran two miles twice a week in college, the Air Force bike test would be no sweat. Thus I did very little to prepare.

Meanwhile, many people I knew were exercising daily and watching their weight, as if they were watching the stock market, hoping for a huge return on their investments.

While they were struggling to stay in the "health zone," I just laughed. I felt I didn't have to do anything to stay fit. In fact, about the only exercise I got was sitting on my riding lawnmower with a beverage of choice in hand.

My diet also left something to be desired.

While my weight-watching counterparts were counting calories, forcing themselves to suffer through a lunch made of lettuce and not much else, I was eating mega grease-dripping double cheeseburgers and other foods that would cause most people's arteries to close the moment it touched their lips. In fact, I'm still not sure you can classify some of the things I ate as food.

After failing the bike test four times, I wondered if the system was flawed. How could I be out of shape? I was so thin.

Then I heard great news. The bike test was going the way of the dodo for most. At least I wouldn't have to subject myself to the humiliation of not passing again.

Armed with a newfound sense of comfort that I would only have to run a mere 1.5 miles and do a few sit-ups, I put the thought of any serious exercise routine out of my mind. After all, I can run 1.5 miles without breaking a sweat.

Once again, I was fooling myself, and I learned that the hard way when my office decided to hold mandatory fitness sessions each Monday and Friday morning.

At first, I was displeased with the idea I would have to wake up even earlier and work out according to someone else's schedule. After

all, the schedule I had been keeping was going great. I took off running, thinking how silly this whole exercise thing was, and after running my first 1.5 miles in many months, I checked the time. I couldn't believe it. It took me more than 15 minutes to run 1.5 miles.

I began to suspect that perhaps my watch was going bad. I used to run two miles in about 14 minutes. I finally began to worry. I knew I had to pass the new fitness test, and I finally decided to get serious about fitness.

I began running every day and hitting the weights on top of it. Within a short two-week period, I was amazed I could actually feel a difference. I was becoming less tired the more I exercised. I also modified my diet so that I was eating better. (Note I said better, not right.)

At long last, I was beginning to feel like my plan was working. I felt better, I could breathe better and, best of all, I became addicted to exercise.

Now, there has been a role reversal of sorts. Before, I used to feel bad if I knew I was going to have to exercise. Now, I feel tired and sluggish if I miss a workout. Fitness has certainly become a part of my new lifestyle, and I'm confident I will be able to pass the fitness test and I will be a better person for it.

Fit to fight *Trans fat should be avoided if possible*

By Airman David Johnson
Sheppard physical trainer

A couple of days ago I caught myself eating something I shouldn't have.

I looked at the back of the bag and it mentioned "trans fat." It had two small stars next to it like it was really important, but it didn't have any grams of it in the package.

But at the bottom of the bag it said, "Too much intake can be dangerous." So I'm here to tell you what it is and the foods that it's found in.

Trans fats are found in pretty much all solids that are stored at room temperature. They can be then turned into shortening and margarine.

By increasing its resistance to oxidative damage, the oil's shelf life is extended. Its commercial value is increased. Trans fat is commonly used in cakes, donuts, fast foods, and frie foods. It is estimated that Americans consume

about 5 grams of trans fat per day, accounting for about 3 percent of their total calories.

Trans fat are like saturated fats in terms of their effects on cholesterol.

Without a doubt, trans fat is the worse kind of fat. During the hydrogenation process, the chemical structure of the natural fatty acid is changed from their original cis-configuration to unnatural trans-configuration. Trans-isomerization alters the three-dimensional configuration of dietary fatty acid, causing damage to the cell membranes and altering the function of phospholipid-dependent enzymes contained in these membranes.

This altered fluidity increase cell membrane permeability. The active transport enzymes for sodium, potassium, calcium, and magnesium are impaired. Such cell membrane is also subject to free radical attack and damage.

A high intake of trans fat

has therefore been linked to a variety of free radical and degenerative conditions such as cancer, arthritis, and cardiovascular disease.

Trans fat also increases the level of triglyceride and LDL cholesterol. More significantly, trans fat reduces the level of "good" HDL cholesterol that often related to the lower risk of cardiovascular diseases.

Trans fats should be avoided as much as possible in our diet. Trans fats are exposed to heat and oxygen during the frying process which results in the worst possible combination of unhealthy

fatty acids.

For more information about the article, call Johnson at 6-2972 at the south fitness center.



Photo by John Ingle
Some margarine is known to have a high amount of trans-fat. A high intake of trans-fat has been linked to diseases like cancer and arthritis.



